

## Breakfast Served From 8am Monday-Saturday

**Slow cooked creamy organic porridge (V)** .with any or all of the following -Caramelised Banana – cinnamon – maple roast pecans - fresh berries and honey. €5.50

**House Granola (V)** Toasted crunchy muesli - fresh seasonal berries & fruit, Maple roasted pecans - natural yogurt & a drizzle of fresh honey €6.95

**Breakfast Salad** Baby spinach leaves with roast cherry tomato - sliced avocado - garlic lemon + herb mushrooms Parma ham - clonakilty black pudding topped with a soft poached egg €9.50

**Veggie breakfast Salad (V)** Baby spinach leaves - Pan fried haloumi - marinated cherry tomatoes - lemon herb mushrooms, smashed avocado and soft poached eggs and sautéed potatoes €9.50

**French toast** Maple syrup €7.5 (V) Hickory bacon & maple syrup €8.5

**Toasted Bagel & Cream Cheese** Chives €4.95 (V) - Hickory bacon €6 - Garlic lemon & fresh herb mushrooms €6.50 (V) - Smoked salmon €7.95

**Betelnut Breakfast** -Hickory smoked bacon –sausage -Clonakilty black & white pudding- Mushrooms- roast vine tomatoes- soft fried egg and Sourdough toast €10.50 (Reg. Tea/Coffee included)

**Betelnut Regular Breakfast** -Hickory smoked bacon - creamy scrambled egg - roast vine cherry tomato - ballymaloe relish & granary toast €7.50

**Veggie Breakfast (V)** - Veggie sausages - creamy scrambled eggs - Roast vine cherry tomatoes - garlic lemon & fresh herb mushrooms & granary toast €8.50

Clonakilty black pudding - grilled tomatoes - buttered baby spinach - soft poached egg -Ballymaloe relish & toasted brown soda bread €8.5 (v)

Bacon - sausage - creamy scrambled eggs - ballymaloe relish on a toasted poppy seed bagel €8.5

Smashed avocado and lime - crumbled feta - cherry tomato salad on toasted sourdough bread topped with a soft poached egg €9.5

Soft creamy scrambled eggs/poached eggs on toasted sourdough bread with rocket -parmesan and ballymaloe relish €5.5

**Sourdough-Gluten-Free-Granary Toast €2.6- Add Bacon €2.5 Sausages €2.5 Fried eggs €2.5**

## Lunch

**Freshly Prepared Soup** See our boards €5

### **Breast of Chicken Goujons**

Chilli sauce - garlic mayo & Salad €7.5 with either Curly/ Skinny fries €9.5

### **Pan-Fried Tiger Prawns**

Garlic lemon & fresh herbs – avocado - lemon & basil aioli - leafy greens on sourdough toast €9.9

### **Betelnut Freshly Prepared Falafel (V)**

Spinach - cucumber & mint riata - crispy chilli tortilla - lemony carrots and hummus €9.5

## Sandwiches

**Tuna** with cucumber & basil €5.95

**Free Range Egg mayo** rocket – chives- sliced cucumber and harissa mayo €5.95

**Open sandwich** of pan-fried prawns, smoked salmon, cucumber, avocado and lemon mayo €8

**Smoked salmon** avocado – capers - cream cheese & poppy seeds on Brown Soda €7.95

**B-L -T** grilled bacon - sliced tomato - shaved Dubliner cheddar and leafy greens €6

**Chicken** pine nuts – homemade rocket pesto – mayo & mixed greens €6.5

**Chicken** crunchy fresh herb stuffing - cranberry & mayonnaise €5.95

**Chicken** crispy bacon – smashed avocado - tomato & chilli lime mayonnaise €6.5

**Chicken** smashed avocado - pine nuts - rocket and harissa mayo €6.5

**Home baked honey roasted Ham** with shaved Dubliner cheddar - tomato & red onion €5.95

**Home baked honey roasted Ham** brie - Dijon & lemon mayo and thick sliced tomato €5.95

**Goat's cheese** roasted marinated red peppers - caramelised red onion - mixed leaves and parmesan & balsamic dressing €5.95

**Brie** warm bacon - tomato & caramelised red onion €5.95

**Vegan Sandwich** (Our Sourdough Bread is Vegan friendly Bread)

**Hummus** - roasted vegetables - sundried tomato - fresh salad and roasted red pepper vinaigrette €6.5

### **Club sandwiches**

**Chicken** - grilled bacon - smashed avocado - sliced tomato-mayo - rocket and a soft fried egg €8.5

**Cheddar** – fresh tomato salsa – red onion- humus - mixed peppers - sundried tomato - roasted red pepper, vinaigrette & mixed leaves €8.5

**Add a cup of soup or a side of fries to any of the above €2.50 extra**

## Fries

**Curly fries or straight fries** €4.5

## Salads

**Superfood Salad** Spinach Leaves - Roast Sweet Potato - Pumpkins Seeds – Avocado - Lemony Carrots - Feta Cheese & balsamic reduction 10.5

**Caesar salad** Mixed leaves - garlic croutons - parmesan cheese - pine nuts - homemade Caesar dressing €9.5 **Add chicken bacon Or ½ & ½ extra €2.5**

**Toasted goats cheese** Toasted goats cheese - mixed leaves - caramelised red onion – cherry tomatoes – walnuts - red peppers and a homemade rocket pesto dressing €10.5

**Tuna salad** Kalamata olives - baby spinach leaves - cherry tomatoes - lemony carrots, free range boiled egg with a side of homemade tomato pesto €9.5

**Thai chicken** Chargrilled Breast of chicken, grated lime cucumber, lemony carrots, courgettes and peppers in a soy - sesame ginger lime - lemongrass and balsamic dressing €10.5

## Wraps

**Homemade falafel**, cucumber –spinach -hummus and harissa mayo €9.5

**Free Range Egg mayo** rocket - smashed avocado - cucumber and crumbled feta €9.5

**Halloumi** grilled vegetables - leafy greens & a side of homemade hummus €9.5

**Chicken** sundried tomato - parmesan & basil pesto dressing €9.5

**Chicken** bacon - parmesan & Caesar dressing €9.5

**Goats cheese** marinated red peppers -caramelised red onion - tomato & roasted red pepper vinaigrette €9.5

## Paninis

**Home baked honey roasted ham** with cheddar - tomato & red onion €7.5

**Chicken** with sundried tomatoes - parmesan cheese - **homemade rocket pesto – mayo** €7.5

**Goats cheese** with roasted red peppers - caramelised red onion **homemade rocket pesto – mayo** €7.5

**Goats cheese** baby spinach leaves – bacon - caramelised onion and peppers €7.5

**Brie** with bacon – tomato - caramelised onion and parmesan balsamic dressing €7.5

**Children's menu** -Kids toasties €3.50- -Chicken gougons/sausages with fries and beans €4.50

Scrambled eggs/sausages and toast €4.50- -French toast with maple syrup and banana or berries €5